STRESSBUSTERS

Week 1 - November 2 - 8

The full calendar can also be found at go/presence, search the "Stress Buster" tag

MONDAY 2

Hot Drinks & Green Dot
Time: 9-11am
McCullough Patio

Get some free hot cocoa or cider and some encouragement for the week ahead.

Get a refresher on your Green Dot skills, chat with Green Dot interns and win prizes!

TUESDAY 3

Breathwork & Meditation
Time: 1-1:20pm
Virutal

Practice some calming techniques with others in a supportive group!

Email counselor, Brian at bstobin@middlebury.edu to join.

Election Stress?!
Time: On your time

Noticing you're feeling overwhelmed about the election?

Read Election Stress: How to Deal on CampusWell

WEDNESDAY 4

Weekly Well
Time: 11-12pm
Virtual

Engage in conversation with students and Health & Wellness staff about wellness tools and resources.
go/weeklywell

Wisdom Wednesdays
Time: 12-12:30pm
Virtual

Intentional silence and guided meditation will be interspersed with music and readings from secular worldviews and sacred traditions.
go/scottcenterevents

THURSDAY 5

Walking Meditation at the Knoll
Time: 2-3pm
Knoll Labyrinth
Learn about and practice walking meditation.

15 slots available, so register early at go/walkingmeditation

Drop in with Student Activities
Time: 3-4pm
McCullough Lawn

Drop by for snacks, music, games and giveaways. Rain location: Wilson Hall.

FRIDAY 6

Thank You Notes with MiddVolunteers
Time: 10:45am
Atwater, Ross, Proctor

Write thank you notes to staff who made this seemster possible!

Breathwork & Meditation
Time: 1-1:20pm
See Wednesday 11/4

Self-Care Scavenger Hunt
Time: Begins at 2pm, self-paced

Join forces with friends or go solo. Scavenger hunt clues can be picked up outside of the Health & Wellness Education office in Ross.

Clues at go/selfcarescavengerhunt

WEEKEND 7-8

Paint Social - Saturday 11/7
Time: 8pm
Virtual, supply pick up in person Wilson Hall

Live-streamed paintining class of a mountain scene, everything provided! Register at go/paintsocial

Calendar Curated by:
Health & Wellness Education

Contributions from: Scott Center, Student Activities, MiddVolunteers, Health & Wellness Education, MHPEs, SPECS, Green Dot & MCAB

STRESSBUSTERS

Week 2 - November 9 - 15

The full calendar can also be found at go/presence, search the "Stress Buster" tag

MONDAY 9

Hot Drinks with SPECS
Time: 9-11am
McCullough Patio

Get some free hot cocoa or cider and pick up a safer sex goody bag from SPECS educators.

Have questions about sex, relationships, or resources? They can help you with those too!

TUESDAY 10

Breathwork & Meditation
Time: 1-1:20pm
Virutal

Practice some calming techniques with others in a supportive group! Email counselor, Brian at bstobin@middlebury.edu to join.

Puppy Visit
Time: TBA
Location: McCullough Lawn

The puppies are back! Stop by the lawn to visit with Cobble Hill Kennel.

Speed Friending
Time: 7-8pm
Wilson Hall

Looking for a way to meet people in person? Come with people you know or on your own! The event will be a combination of fun mixer activities and deeper discussions in small groups.
Register at go/speedfriending

WEDNESDAY 11

Weekly Well
Time: 11-12pm
Virtual

Engage in conversation with students and Health & Wellness staff about wellness tools and resources.
go/weeklywell

Wisdom Wednesdays
Time: 12-12:30pm
Virtual

Intentional silence and guided meditation will be interspersed with music and readings from secular worldviews and sacred traditions.
go/scottcenterevents

THURSDAY 12

Get Room Savvy
Time: 3-4pm
Virtual

Speak with Barbara McCall to talk about making the most of your primary space: your room!

Join at go/getroomsavvy

Drop in with Student Activities
Time: 3-4pm
McCullough Lawn

Drop by for snacks, music, games and giveaways. Rain location: Wilson Hall.

FRIDAY 13

Breathwork & Meditation
Time: 1-1:20pm
Virtual
See Wednesday 11/11 for full description

Self-Massage and Yoga for Relaxation
Time: 4-5pm
Axinn 109
22 spots available, pre-register to claim

Enjoy a calming space and learn self-massage techniques with Melissa Bartley, Licensed Massage therapist and yoga instructor.

Register at go/guidedselfmassage

AFFIRMATIONS FOR U

I am much more than my achievements.

Productivity does not define my worth.

I can make room for rest and work.

STRESSBUSTERS

Week 3 - November 16 - 20

The full calendar can also be found at go/presence, search the "Stress Buster" tag

MONDAY 16

Hot Drinks & Stress Less Bingo
Time: 9-11am
McCullough Patio

Get some free hot cocoa or cider and some encouragement for the week ahead from Mental Health Peer Educators.

Play Stress Less BINGO to win fidget prizes!

TUESDAY 17

Breathwork & Meditation
Time: 1-1:20pm
Virutal

Practice some calming techniques with others in a supportive group!

Email counselor, Brian at bstobin@middlebury.edu to join.

Puppy Visit
Time: TBA
Location: McCullough Lawn

The puppies are back! Stop by the lawn to visit with Cobble Hill Kennel.

WEDNESDAY 18

Weekly Well
Time: 11-12pm
Virtual

Engage in conversation with students and Health & Wellness staff about wellness tools and resources.
go/weeklywell

Wisdom Wednesdays
Time: 12-12:30pm
Virtual

Intentional silence and guided meditation will be interspersed with music and readings from secular worldviews and sacred traditions.
go/scottcenterevents

THURSDAY 19

Coloring and Calm
Time: All Day while supplies last
Fireplace Lounge

Stop by to pick up coloring pages and your own set of colored pencils. Stay and color if you please!

Drop in with Student Activities
Time: 3-4pm
McCullough Lawn

Drop by for snacks, music, games and giveaways. Rain location: Wilson Hall.

FRIDAY 20

Breathwork & Meditation
Time: 1-1:20pm
Virtual
See Wednesday 11/17 for full description

Email counselor Brian Tobin to join btobin @middlebury.edu

We'll miss you on campus during remote classes and finals.

Look out for a virtual week of Stressbusters November 20th through December 4th.

ON YOUR OWN TIME

Mind Vacation

A 20-minute guided imagery expeirence meant to relax your body and mind

go/mindvacation

Stress Less BINGO

De-stress with this BINGO card full of calming ideas.

go/stresslessbingo